

NUTRITIONAL FACTS

HEARTLAND FRESH

(12) 8.5-oz Chicken Parmesan

INGREDIENTS: Breaded Chicken Breast Filet with Rib Meat, Water, Seasoning (Modified Food Starch, Vinegar, Garlic Powder, Salt, Spice, Citric Acid, Basil, Oregano, Onion Powder, Parsley Flakes, Lemon Oil, Canola Oil, Xanthan Gum), Sodium Phosphate. **Pre-Dusted and Battered with:** Water, Wheat Flour, Rice Flour, Wheat Gluten, Modified Corn Starch, Parmesan Cheese (Milk, Salt, Cultures, Enzymes), Dried Egg Whites, Salt, Onion Powder, Basil, Xanthan Gum, Breaded With: Bleached Wheat Flour, Dextrose, Salt, Parmesan Cheese (Milk, Salt, Cultures, Enzymes), Canola Oil, Yeast, Spice, Parsley Flakes, Basil, Oregano, Breading Set In Soybean Oil). **Topped with:** Garlic Marinara (Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Water, Tomato Paste, Onions, Garlic, Pomace Olive Oil, Salt, Spices, Sodium Benzoate, Potassium Sorbate), And Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes). **CONTAINS: MILK, WHEAT, EGG.**

Nutrition Facts

Serving Size: 1/2 piece (120g)
Servings Per Container: About 12

Amount Per Serving

Calories 150 **Calories from Fat 30**

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 550mg 23%

Total Carbohydrate 16g 5%

Dietary Fiber 1g 4%

Sugars 4g

Protein 15g

Vitamin A 0% Vitamin C 2%

Calcium 8% Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4